


## MAIN LINE MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>What is a meal?</b>  <b>An Entrée</b> (Protein &amp; Grain usually ie: Hamburger on a Bun or Pizza)  <b>2 Fruits</b>  <b>2 Vegetables</b></p>		<p><i>A fruit or vegetable must be taken by a student for a meal to be reimbursable otherwise ala carte pricing will be charged</i></p> 		<p>1  <b>1 c WG Rotini</b>                  Served w/ ½ cup Homemade Spaghetti Meat Sauce &amp; 2 oz cup of Moz Cheese or  <b>Queso Sauce Over Top</b> (2 ½ Protein &amp; 2 Starch) or  <b>2 oz RS Ham &amp; ½ oz American Cheese on a WG Croissant</b> Served w/ 10 Tater Tots (2 ½ Protein &amp; 2 Starch)</p> <p><u>½ c Vegetables (may take 2)</u>                  Assorted Fresh Vegetables                  Steamed Green Beans  <u>½ c Fruit (may take 2)</u>                  Assorted Fresh Fruit Applesauce                  3 Asst. Canned/Frozen Fruits</p>
<p>4  <b>WG Chicken Quesadilla Pizza</b>                  Served w/ Salsa (2 Protein &amp; 2 Starch) or  <b>Meatloaf on a WW Bun Served w/ 10 Tater Tots</b> (2 Protein &amp; 2 Starch)</p> <p><u>½ c Vegetables (may take 2)</u>                  Fresh Cucumber Slices                  Fresh Celery Sticks                  Steamed Corn</p> <p><u>½ c Fruit (may take 2)</u>                  Fresh Apple                  ½ c Peaches                  Cinnamon Apple Slices                  3 Asst. Canned/Frozen Fruits</p>	<p>5  <b>Italian Dunkers</b> (3 Bread Sticks w/ ½ c RS Spaghetti Sauce) &amp; 5 RF Mozzarella Sticks (2 Protein &amp; 4 Starch)</p> <p><u>½ c Vegetables (may take 2)</u>                  Fresh Baby Carrots                  Fresh Celery Sticks                  Steamed Carrots</p> <p><u>½ c Fruit (may take 2)</u>                  2 Fresh Orange Wedges                  Homemade Chunky Applesauce                  3 Asst. Canned/Frozen Fruits</p>	<p>6  <b>South of the Border Turkey Melt</b> (Sliced Turkey Served on a Ciabatta Roll W/ Pepper Jack Cheese) (2 Protein &amp; 2 Starch) or  <b>Tuna Salad Served in a Pita</b> Served w/ a Tomato Salad (2 Protein &amp; 2 Starch)</p> <p><u>½ c Vegetables (may take 2)</u>                  Fresh Baby Carrots                  Fresh Celery Sticks                  Steamed Broccoli</p> <p><u>½ c Fruit (may take 2)</u>                  Fresh Apple                  Homemade Chunky Applesauce                  3 Asst. Canned/Frozen Fruits</p>	<p>7  <b>Hot Dogs on WW Buns Served w/ PC Ketchup &amp; Mustard</b> (2 Protein &amp; 4 Starch) or  <b>Grilled Chicken &amp; Cheese on a Bun w/ Lettuce and Tomato</b> Served w/ 1 PC of Ranch (2 1/2 Protein &amp; 2 Starch)</p> <p><u>½ c Vegetables (may take 2)</u>                  Fresh Baby Carrots                  Fresh Celery Sticks                  Vegetarian Beans</p> <p><u>½ c Fruit (may take 2)</u>                  2 Fresh Orange Wedges                  ½ c Strawberries                  3 Asst. Canned/Frozen Fruits</p>	<p>8  <b>1 c WG Rotini</b>                  Served w/ ½ cup Homemade Spaghetti Meat Sauce &amp; 2 oz cup of Moz Cheese or  <b>Queso Sauce Over Top</b> (2 ½ Protein &amp; 2 Starch) or  <b>4 oz Sliced Oven Roasted Sliced Turkey Served w/ 2 oz Gravy,</b> ½ c Homemade Stuffing and 1 WG Dinner Roll</p> <p><u>½ c Vegetables (may take 2)</u>                  Assorted Fresh Vegetables                  Steamed Green Beans  <u>½ c Fruit (may take 2)</u>                  Assorted Fresh Fruit Applesauce                  3 Asst. Canned/Frozen Fruits</p>
<p>11  <b>WG Chicken Quesadilla Pizza</b>                  Served w/ Salsa (2 Protein &amp; 2 Starch) or  <b>WG Stuffed Crust Pizza</b> (2 Protein &amp; 2 Starch)</p> <p><u>½ c Vegetables (may take 2)</u>                  Fresh Cucumber Slices                  Fresh Celery Sticks                  Steamed Corn</p> <p><u>½ c Fruit (may take 2)</u>                  Fresh Apple                  ½ c Peaches                  Cinnamon Apple Slices                  3 Asst. Canned/Frozen Fruits</p>	<p>12  <b>Italian Dunkers</b> (3 Bread Sticks w/ ½ c RS Spaghetti Sauce) &amp; 5 RF Mozzarella Sticks (2 Protein &amp; 4 Starch)</p> <p><u>½ c Vegetables (may take 2)</u>                  Fresh Baby Carrots                  Fresh Celery Sticks                  Steamed Carrots</p> <p><u>½ c Fruit (may take 2)</u>                  2 Fresh Orange Wedges                  Homemade Chunky Applesauce                  3 Asst. Canned/Frozen Fruits</p>	<p>13  <b>Tuna Salad Served in a Pita</b> Served w/ a Tomato Salad (2 Protein &amp; 2 Starch) or  <b>Cheeseburger w/American Cheese</b> Served w/1/2 c Pasta Salad (2 ½ Protein &amp; 2 Starch)</p> <p><u>½ c Vegetables (may take 2)</u>                  Fresh Baby Carrots                  Fresh Celery Sticks                  Steamed Broccoli</p> <p><u>½ c Fruit (may take 2)</u>                  Fresh Apple                  Homemade Chunky Applesauce                  3 Asst. Canned/Frozen Fruits</p>	<p>14  <b>Hot Dogs on WW Buns Served w/ PC Ketchup &amp; Mustard</b> (2 Protein &amp; 4 Starch) or  <b>Baked Potato</b> Served w/ 2 oz Homemade Meat Sauce, 2 oz Melted Cheese, 2 oz RF Sour Cream and 2 Slices of WW Bread (2 Protein &amp; 2 Starch &amp; 2 Veg)</p> <p><u>½ c Vegetables (may take 2)</u>                  Fresh Baby Carrots                  Fresh Celery Sticks                  Vegetarian Beans</p> <p><u>½ c Fruit (may take 2)</u>                  2 Fresh Orange Wedges                  ½ c Strawberries                  3 Asst. Canned/Frozen Fruits</p>	<p>15  <b>1 c WG Rotini</b>                  Served w/ ½ cup Homemade Spaghetti Meat Sauce &amp; 2 oz cup of Moz Cheese or  <b>Queso Sauce Over Top</b> (2 ½ Protein &amp; 2 Starch) or  <b>Grilled Chicken &amp; Cheese Sandwich</b> on a WG Bun Served w/ PC Ranch Dressing (2 ½ Protein &amp; 2 Starch)</p> <p><u>½ c Vegetables (may take 2)</u>                  Assorted Fresh Vegetables                  Steamed Green Beans  <u>½ c Fruit (may take 2)</u>                  Assorted Fresh Fruit Applesauce                  3 Asst. Canned/Frozen Fruits</p>
<p>18  <b>WG Chicken Quesadilla Pizza</b>                  Served w/ Salsa (2 Protein &amp; 2 Starch) or  <b>WG Tuna Wrap Served w/ Romaine Lettuce and Tomatoes</b> (2 Protein &amp; 2 Starch)</p> <p><u>½ c Vegetables (may take 2)</u>                  Fresh Cucumber Slices                  Fresh Celery Sticks                  Steamed Corn</p> <p><u>½ c Fruit (may take 2)</u>                  Fresh Apple                  ½ c Peaches                  Cinnamon Apple Slices                  3 Asst. Canned/Frozen Fruits</p>	<p>19  <b>Italian Dunkers</b> (3 Bread Sticks w/ ½ c RS Spaghetti Sauce) &amp; 5 RF Mozzarella Sticks (2 Protein &amp; 4 Starch)</p> <p><u>½ c Vegetables (may take 2)</u>                  Fresh Baby Carrots                  Fresh Celery Sticks                  Steamed Carrots</p> <p><u>½ c Fruit (may take 2)</u>                  2 Fresh Orange Wedges                  Homemade Chunky Applesauce                  3 Asst. Canned/Frozen Fruits</p>	<p>20  <b>South of the Border Turkey Melt</b> (Sliced Turkey Served on a Ciabatta Roll W/ Pepper Jack Cheese) (2 Protein &amp; 2 Starch) or  <b>2 oz RS Ham &amp; ½ oz American Cheese on a WG Croissant</b> Served w/ 10 Tater Tots (2 ½ Protein &amp; 2 Starch)</p> <p><u>½ c Vegetables (may take 2)</u>                  Fresh Baby Carrots                  Fresh Celery Sticks                  Steamed Broccoli</p> <p><u>½ c Fruit (may take 2)</u>                  Fresh Apple                  Homemade Chunky Applesauce                  3 Asst. Canned/Frozen Fruits</p>	<p>21  <b>2 Hot Dogs on WW Buns Served w/ PC Ketchup &amp; Mustard</b> (2 Protein &amp; 4 Starch) or  <b>Grilled Chicken &amp; Cheese on a Bun w/ Lettuce and Tomato</b> Served w/ 1 PC of Ranch (2 1/2 Protein &amp; 2 Starch)</p> <p><u>½ c Vegetables (may take 2)</u>                  Fresh Baby Carrots                  Fresh Celery Sticks                  Vegetarian Beans</p> <p><u>½ c Fruit (may take 2)</u>                  2 Fresh Orange Wedges                  ½ c Strawberries                  3 Asst. Canned/Frozen Fruits</p>	<p>22  <b>1 c WG Rotini</b>                  Served w/ ½ cup Homemade Spaghetti Meat Sauce &amp; 2 oz cup of Moz Cheese or  <b>Queso Sauce Over Top</b> (2 ½ Protein &amp; 2 Starch) or  <b>2 oz WG Grilled Cheese Sandwich Served w/ 8 oz Tomato Soup</b> (2 Protein &amp; 2 Starch)</p> <p><u>½ c Vegetables (may take 2)</u>                  Assorted Fresh Vegetables                  Steamed Green Beans  <u>½ c Fruit (may take 2)</u>                  Assorted Fresh Fruit Applesauce                  3 Asst. Canned/Frozen Fruits</p>
	<p>26  <b>Winter</b></p>	<p>27  </p>	<p>28  <b>Recess</b></p>	

## Available Daily at the High School

<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
<p style="text-align: center;"><u>Pizza Line</u> WW Pizza or <b>NEW 4 Pizza Sticks</b> or Breaded Chicken on a WG Bun or Spicy Chicken Patty on a WG Bun Served w/ Assorted Fruits &amp; Vegetables and Milk</p> <p style="text-align: center;"><u>New Cafeteria</u> <b>8.25" WG Hot Wrap Station</b> Buffalo Chicken Wrap Chicken Fajita Wrap Ranch Chicken Wrap BBQ Chicken Wrap Bosco Sticks w/ Marinara Sauce Served w/ Assorted Fruits &amp; Vegetables and Milk</p> <p style="text-align: center;"><u>Small Cafeteria</u> <b>Grab &amp; Go Meals:</b> Salad Shaker(1 cup Romaine Lettuce, 1/8 C Tomatoes, 3 oz Chicken, 1 oz Grated Cheese &amp; 1 package of Scoops</p> <p>3 oz Tuna Salad w/ Romaine &amp; Tomato on a WG Bagel</p> <p>3 oz Turkey WG Bagel Sandwich</p> <p>WG Italian Wrap(2 oz mixed meats &amp; ½ oz Cheese, Romaine Lettuce and 2 slices of Tomatoes) Served w/ Assorted Fruits &amp; Vegetables and Milk</p> <p style="text-align: center;"><b>Ala Carte:</b></p> <p style="text-align: center;"><b>El Loco Bar: (Gluten Free)</b> 1 Package Baked Nachos Or 1-8" WG Tortilla 2 oz Cut up Chicken or 2 oz Beef 1/2 c Black or 1/2c Pinto Beans ½ c Long Grain Rice <b>2 oz cup Grated Cheddar Cheese</b> 1 c Chopped Romaine Lettuce 1/8 c Diced Tomatoes 1 TBSP Chopped Onions 1 TBSP Sliced Jalapenos 2 oz Sour Cream 2 oz Salsa Served w/ Fruit &amp; Milk</p>	<p style="text-align: center;"><u>Pizza Line</u> WW Pizza <b>NEW 4 Buffalo Sticks</b> or Breaded Chicken on a WG Bun or Spicy Chicken Patty on a WG Bun Served w/ Assorted Fruits &amp; Vegetables and Milk</p> <p style="text-align: center;"><u>New Cafeteria</u> <b>8.25" WG Hot Wrap Station</b> Buffalo Chicken Wrap Chicken Fajita Wrap Ranch Chicken Wrap BBQ Chicken Wrap Bosco Sticks w/ Marinara Sauce Served w/ Assorted Fruits &amp; Vegetables and Milk</p> <p style="text-align: center;"><u>Small Cafeteria</u> <b>Grab &amp; Go Meals:</b> Salad Shaker(1 cup Romaine Lettuce, 1/8 C Tomatoes, 3 oz Chicken, 1 oz Grated Cheese &amp; 1 package of Scoops</p> <p>3 oz Tuna Salad w/ Romaine &amp; Tomato on a WG Bagel</p> <p>3 oz Turkey WG Bagel Sandwich</p> <p>WG Italian Wrap(2 oz mixed meats &amp; ½ oz Cheese, Romaine Lettuce and 2 slices of Tomatoes) Served w/ Assorted Fruits &amp; Vegetables and Milk</p> <p style="text-align: center;"><b>Ala Carte:</b></p> <p style="text-align: center;"><b>El Loco Bar: (Gluten Free)</b> 1 Package Baked Nachos Or 1-8" WG Tortilla 2 oz Cut up Chicken or 2 oz Beef ½ c Black or 1/2c Pinto Beans ½ c Long Grain Rice <b>2 oz cup Grated Cheddar Cheese</b> 1 c Chopped Romaine Lettuce 1/8 c Diced Tomatoes 1 TBSP Chopped Onions 1 TBSP Sliced Jalapenos 2 oz Sour Cream 2 oz Salsa Served w/ Fruit &amp; 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Milk</p>

**New State & Federal Regulations for 2017-2018**

**1 c Fruit Serving**

**1 c Vegetable Serving**

**(Weekly minimums: 1/2c legumes, 1/2c dark greens, 1 1/4c red/orange, 1/2c starchy, 3/4c other, Plus an additional 1 1/2 c veg)**

**2 Grain Minimum per Day**

**2oz Protein Minimum per Day**

**Minimum- Maximum Calories 750-850**

**8oz Low Fat Milk (1%, Skim and Flavored Skim Milks offered)**

**Saturated Fat- Less than 10 % of Total Calories**

**Sodium- 1420 mg or less**

**Zero Trans Fats**

**WG: Whole Grain    WW: Whole Wheat    LS: Low Sodium    RF: Reduced Fat**

**Visit Our Website at [www.guiderlandschools.org](http://www.guiderlandschools.org)**

**Student Lunch Price: \$3.05    Milk: \$.60    Adult Lunch Price \$3.45 plus tax**



**A fruit or vegetable must be taken by a student for a meal to be reimbursable otherwise ala carte pricing will be charged**

**Non-discrimination Statement:**

In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA. Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotape, American Sign Language, etc.), should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English. To file a program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, (AD-3027) found online at: [http://www.ascr.usda.gov/complaint\\_filing\\_cust.html](http://www.ascr.usda.gov/complaint_filing_cust.html), and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by:

(1) mail: U.S. Department of Agriculture  
Office of the Assistant Secretary for Civil Rights  
1400 Independence Avenue, SW  
Washington, D.C. 20250-9410;  
(2) fax: (202) 690-7442; or  
(3) email: [program.intake@usda.gov](mailto:program.intake@usda.gov).  
This institution is an equal opportunity provider.